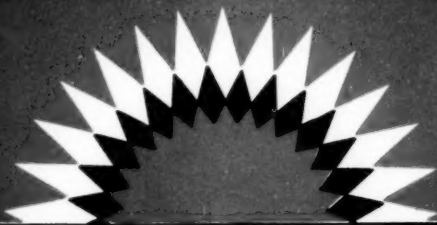


UNITY DAILY WORD



A MAGAZINE OF SUNSHINE

15¢ A COPY

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APRIL 1930

"Your Overflowing Basket"
"Conscious of No Limitations"
"Today Was Made for You"
"The Test of Love"

A PAGE OF INSPIRATION FOR EACH DAY

SILENT UNITY CLASS WORDS

March 20 to April 19

Jesus Christ is the inspiration and the light of my understanding.

Jesus Christ is now here, raising me to His understanding of the healing power of Spirit, and I am made whole.

Jesus Christ is now here, raising me to His consciousness of spiritual abundance, and my prosperity is unfailing.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

The God I Know

The God I know is a God close by,
Not seated on throne in far-off sky,
But is here on this earth, reflected in trees,
In mountains, in flowers, in sweet summer
breeze,

In ocean's grandeur—in plain's delight,
In noontide glare, and in stilly night,
In children's prattle, in manhood's prime,
Since the birth of worlds until end of time.
For the God I know with a thought that's free,
Is the God of Love, found in you and me.

—Carleton Everett Knox.

A LESSON

They never hurry, being wise—

The clouds, the hills, the eternal sea!
Beneath the everlasting skies
They take their course unswervingly.

The ages come, the ages pass;

Ten thousand years are but a dream.
Meekly there springs the summer grass;
In twilight skies the old stars gleam.

Ask of the sands that fringe the sea,
Ask of the tides upon its shore,
Their age-long, dim philosophy—
Only the silence, as before.

On human haste, with tranquil eyes
They gaze—and haste not, being wise.

—*Frances Crosby Hamlet.*

(By courtesy of The Classmate.)

YOUR OVERFLOWING BASKET

By ZELIA M. WALTERS



IN A FAR-OFF time of wonder, a message came to a little village of simple, kindly folk. It was posted in the market square one morning as they went about their affairs, and none knew whence it had come. It said that far across the great wood that surrounded them there was a neighbor in sore need, and it asked them if they would bring goods from their abundant store to meet the needs of this neighbor and her children, who had lost all in a disaster. The message ended in a strange way: "As you come back through the woods, you will meet the giver of gifts."

This ending roused their wonder. Who was the giver of gifts, and what would He do for one? If he gave gifts, did he give to a person the thing for which he had been wishing, or the thing that he thought that person should have?

One and all resolved to carry an offering to the unfortunate woman and her children. Every one wanted to know about this mysterious giver. To be sure, most of them would have carried supplies, anyway. I have said that they were kindly folk. They were prosperous also. Some had more than others, but every one had something that he could give. So that morning there was a great overhauling of larders and linen closets, and by noon a procession of villagers started out with baskets filled with things for the needy woman and her children.

They found the house without difficulty. It

was on the road that led straight through the woods. But though they peered about them sharply they saw no sign of any one in the woods. They reached the woman, assuring her that she need have no fear, for they would befriend her until her affairs prospered. She had lost everything in a fire, and now it was spring-time, and she would have to wait until crops grew before she would have her own food to eat and flax to spin.

Having ministered to their neighbor, the villagers started back. At the turn of the road stood a shining Presence. They shrank back in awe before it. But a voice that was all gentleness bade them draw nigh and receive their gifts. And as they passed before the shining Presence each one received gifts *in such proportion as could be held in the basket which had carried his own gifts to the woman*. Those who had carried large baskets of food received large baskets of gifts of the most precious things that they could desire. Those who had had a selfish thought, and had used small baskets for giving, had also small baskets for receiving.

"With what measure ye mete, it shall be measured unto you," said the Teacher come from God. And again, "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

How large is your basket when in your path you meet the Giver of "every good gift and every perfect gift"? It is exactly as large as you

have made it for the carrying of your own benefactions.

"Why do I not receive more?" seems to be the universal, but oft unconscious, cry of humanity. This does not mean that men are generally grasping, but only that they usually feel a lack. There is something that they need. They seek it, and some seem always unsatisfied. "Where is the thing that would complete my life? Why do I not receive it in its wholeness? Whither shall I turn to find it?"

For even the most unhappy and dissatisfied of men seem to know that somewhere there is the more abundant life, the life capable of satisfying hungry desires. It is not always money that men are asking when they cry out to the heavens for more. They ask health, talents, opportunities, friends, happiness, wisdom, fame, as well as more material things, but they ask for any or all of these things for just one reason: to make life complete and satisfying. Their desires are good; their prayers are sincere; why do they not receive the fullness of good?

For an answer to these questions, we come back again to our little parable. It is solely a matter of capacity. Daily, momentarily, we are brushing garments with the Giver, and His store of blessings is exhaustless. But so many of us do not have anything in which to carry away the blessing. How can a great gift be poured into a narrow, selfish, contracted heart? No matter how willing the Giver, how boun-

teously He stretches out His hands, we must make room for the gift that we would receive. So we must enlarge our capacity for receiving. Let us start the stream of blessings flowing out. We can never keep a vacuum in our lives. In some way we always find good measure returned to us, pressed down, and running over, each time we give to others.

"But," says some timid soul, unused to adventuring, "I have nothing to give. I am so poor."

Why is it that we are so inclined to measure gifts in terms of money? The very best gifts of life have no value in money. Who ever put a price on mother's love, on loyal friendship, on a prayer for a blessing to another, on the sunshine, the bird song, the sweep of the sea, an orchard in Maytime, a forest veiled in winter white? What is the money value for a sense of God, for the abiding presence of the Holy Spirit within us?

Are you poor? If you are, it is because you allow yourself to be. You may lack money, but you need never be poor. And when you get the sense of true riches you will not long lack material things. "Your heavenly Father knoweth that ye have need of all these things," said Jesus. What reassurance we ought to find in this. Our Father is not so occupied with great things that He fails to notice when His children become hungry or cold. He clothes the lily in beauty. He spreads the table for the birds. Shall He not much more care for our needs?

"O ye of little faith"! You are not poor. You have an abundance from which to give. You can give love and loyalty and blessing and service. You can add your courage and honor to the world consciousness. You can create beauty, and forward brotherhood. If you give all these infinitely precious, intangible things there is no likelihood that you will grudgingly hold on to your money when prosperity's tide will come toward you. Give, give greatly of whatever you have. If your store is small, give from the little that you have. It will not remain small for long. And so, giving and blessing, you will meet the Giver, and will carry back your good in full measure, "pressed down" and "running over."

THE BETTER WAY

In humble mood I kneeled to pray
For I for God would long and pine;
I heard the Voice within me say:
"Nay! Lift your head! Arise and shine!"

CONSCIOUS OF NO LIMITATIONS

HOW WOULD you like to live in a world in which there were no limitations placed upon you—no beliefs that any person or thing could limit or restrict you? Can you imagine a more heavenly situation than that which would obtain if you were free from personal consciousness—from the belief that persons could take your joy from you—and liberated from the thought that things of the outer world could distress you?

Have you ever considered why the world is so emphatically denounced by religious leaders and spiritual teachers? Because the belief that external things have power causes the average individual to lose sight of the power of Spirit within him. The race thought that persons and things and outer situations can rob the individual of his peace, health, justice, and success is responsible for a large percentage of the individual's unhappiness, physical weakness, or financial failure.

We think of heaven as a state in which God and the manifestation of His love and goodness are all that exist, a state in which the individual would cease to be conscious of evil, disease, and adversity. In such a heaven the individual would cease to think of evil and limitations, because he would have found that in heaven these have no reality, being, or presence.

If in heaven, in God, in absolute Truth, in Spirit there are no limitations upon man, then in reality there are none, there never have been any, and there never shall be any. If in the

sight of God man is without limitations, then man, conscious of beholding himself as God sees him—without fault or restrictions,—is for all time, through all ages, without limitation.

The facts of human experience do not comprise the absolute truth and science of man's being. Man may think of himself as bound to a world of limitation, he may go about shackled and fettered by such human beliefs as will bring about a sense of unhappiness, disease, and failure, but the truth of God—the truth about himself!—is still Truth.

In human experience man is continually busy discarding apparent fact for truth. He is compelled to give up the belief that he is earth-bound for the truth that he can fly. He must yield the age-old thought that he cannot hear at a distance for the recently revealed truth that there is neither distance, nor delay, nor separation in Spirit, nor impossibilities. (Recently a new radio was installed for the writer during his absence from home. When he returned to his apartment in Kansas City and turned on the instrument, the first sound that issued from the radio was music from the Church of the Madeleine in Paris!)

Material science is doing a great missionary work in converting spiritual aspirants to the truth of Spirit. Scientific discoveries and inventions such as the airplane and radio have compelled us to see man's supremacy over matter and the things of earth. Noah traveled by ark because he was in the ark consciousness.

He was more conscious of the limitations of the ark than he was conscious of the supremacy of an airplane over the ark. He, too, would have traveled by airplane if he had been airplane-minded.

You, too, who think of external conditions and material affairs as having power to limit you or bind you to them are just as unprogressive as if you were traveling today by ark. You are material-minded to the extent that you think of matter as binding you to itself. You believe in the power of the external world to the extent that you allow it to convert you to itself and to deprive you of the power of Spirit.

If you do not believe in the power of mind—ideas—over matter, the power of Spirit over the world, then you might as well deny that radio, which is a manifestation of an idea for annihilating the belief in distance, can permit you to hear at this moment conversations taking place on the other side of the world. Considered from a metaphysical standpoint, radio is but a makeshift. Conscious of limitations, man discovered the facts that made radio possible in its present unperfected stage. Even in the joy of being able to hear at a distance, man became conscious of a limitation: he could not see. He promptly set to work to overcome this limitation, and television resulted. Man is at his best when he permits no limitations and is conscious that there are none of them in his life. Man's keynote is freedom, absolute freedom from restrictions, limitations, and inhibitions.

He will fight prohibitions placed upon him even though deep down in his heart he may realize that the thing prohibited is denied him for his highest good.

The only way to get rid of the limitations that you place upon yourself is to rise in your consciousness about them. Your only way out is through the higher mental and spiritual realms. Mental freedom must precede physical freedom. The thought that binds must drop from your consciousness before freedom in the body or in the environment can result.

Through thought you can bind yourself to limitations and live in a world hedged in by self-imposed restrictions, or else you can free yourself and live in a world in which limitations are unknown. The world takes on the aspect of hell to the extent that we look upon it as a place of bondage. We are then prompted to visualize heaven as a place of perfect freedom and, consequently, a place where there are no limitations placed upon us.

Your life is incomplete and hampered to the extent that you believe in limitations. Dissolve all limitations back into a mental state, then free yourself from the thought that binds. Become conscious that in absolute Truth man has no limitations, and then know that you are this free, unlimited man of God. Know the truth of your freedom and it will appear. Become unconscious of limitations and they will cease to exist.

TODAY WAS MADE FOR YOU

What matters whether rain or shine?
What care you what the place or clime?

Today was made for you.

The cloud that lingers in the sky,
The sun that's smiling from on high,
Will bless you e'er the day goes by.

Today was made for you.

It has no mem'ries of the past,
No thought of joys that did not last;

Today was made for you.

Without a thought of coming days,
(For is the future else but haze?)

It lives!—Today! Live, sing, and praise!

Today was made for you.

Today you've power to claim your health;
Fulfill desires for heaven's wealth!

Today was made for you.

If you will cease to pine and grieve,
You will from it good gifts receive.

Be friendly to Today! Believe!

Today was made for you.

TUESDAY, APRIL 1

My Realization for Today: Rising out of anxiety and worry, I enter the high consciousness in which I know that the Spirit of God—the Spirit of love, order, and justice—is taking care of all my affairs.



REFUSE to worry: to betray lack of faith in the power of God. I refuse to be anxious: to be concerned about the outcome of events. I do not doubt the power of Spirit to establish order and justice in all my affairs.

Rising out of the habit of worry, overcoming the tendency to be anxious about external affairs, I rise to the consciousness that the power of my own indwelling Spirit is mighty to establish love, order, and justice in my world. I rise to the understanding that I am free from all worry, and free in the freedom of perfect confidence and faith.

I no longer worry about my health, my business, my friends, or my relatives. I place all these in the keeping of Spirit. I remove from them all my personal thoughts. I bless them in the faith that knows and sees them as now manifesting God's will and blessing.

God is now taking care of me, His child. He always has blessed me, and He will continue to do so. In Him I have perfect faith.

Be not anxious.—*Matt. 6:25.*

WEDNESDAY, APRIL 2

My Realization for Today: I erase all doubt and unbelief from my consciousness and I realize that I have perfect faith and confidence in God, the good.

MY FAITH in God removes from my consciousness all doubt and unbelief. In this supreme faith there is no room for doubt. I no longer lack faith or lose faith. My faith is established forevermore.

I do not doubt the power of God to bring my good to pass. I do not doubt His power to bring good into visibility in my life. I do not doubt the supremacy of good in my life over my former beliefs in evil and lack.

I have faith in God, in myself, and in my fellow man. God, at the heart of my being, continually inspires me to faith. Because of my faith in Him, I have more faith in myself.

My faith increases day by day. Through exercising the faith that I have, I find that it increases. I have no difficulty in exercising faith, because God within me inspires me to believe on Him.

I am faithful in all things. I do not attempt to deceive or to betray another. I pledge my word, knowing that it is founded upon the unshakable principle of faith.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

THURSDAY, APRIL 3

My Realization for Today: I lose all tendency to be antagonistic or combative, because I am established in the peace and harmony of my indwelling Spirit.



AM at peace! I am at peace with God, with myself, and with all persons and things in the universe. I live in a world filled with peace.

In the peace of God there is neither antagonism nor combativeness. I lose all tendency to be warlike. I love peace. I am willing to let the peace of God rule my mind, my heart, and my actions at all times.

In the world of Spirit, the world of God—in which I live in Truth, there is naught but peace. In this world there is no disorder or confusion, no inharmony or desire for war.

Peaceful and harmonious, I express that within me which is like God. I radiate peace to my whole world. My consciousness of peace causes peace to be established in my environment.

I have power to cause peace to manifest wherever I go. Christ within me is the source of my peace, and through me peace is expressed to all persons everywhere. Peace is the keynote of my life and the indication of the presence of Christ in my world.

Let the peace of Christ rule in your hearts.
—Col. 3:15.

FRIDAY, APRIL 4

My Realization for Today: *I live in the consciousness that Christ within me is my life—vitalizing, healing, eternal!*



RISE out of the belief that I can either lack life or have insufficient life. Christ within me is my inexhaustible source of life. In Him I have bountiful life. His life fills and thrills me. His life cleanses and purifies, heals and strengthens. His life is deathless and eternal.

Christ within me lives, and I in Him am eternally alive. His life is expressed in and through me and I live in Him even as He lives in me. I am at one with Him, the fountain of life, and I cannot lack life to any degree.

When life seems to be insufficient, when I am holding a belief in fatigue, I have but to turn my thought within to Christ to feel His refreshing, invigorating life, my life. I need but turn to Him to have His life showered upon me.

Living in the presence of Christ I am forevermore conscious of bountiful life. I am thoroughly alive. Mentally and physically, I manifest the life of Christ and know that it is now regenerating and revitalizing me. I know that Christ lives in me and expresses His life as my life.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—*Gal. 2:20.*

SATURDAY, APRIL 5

My Realization for Today: I exchange obsolete and crystallized beliefs for those that are new, vital, and useful. My mind is refreshed by new ideas.



THIS DAY I give up every old and limited idea, every belief that is useless and impractical. I clear my mind of every thought that is limited and adverse. I cease to entertain ideas that, considered from the standpoint of Truth, have no place in my consciousness.

I give up all belief in evil, disease, hate, fear, age, and failure. I cease to look upon myself as limited by such ideas. I am no longer crystallized in mind or in body, because I turn out of mind every crystallizing belief. Age is no longer depicted upon my body, because I think new and refreshing ideas.

My mind is unified with the mind of Spirit and is filled with new and inspiring ideas. I rejoice to think new thoughts—thoughts of good, health, love, youth, and success. My mind and my body express the power and vitality of new thoughts.

Thinking new ideas, I behold the world in a new light. I see all things as made new, since in Truth I see them from a new viewpoint. My whole world is made new.

So we also might walk in newness of life.—Rom. 6:4.

SUNDAY, APRIL 6

My Realization for Today: I rise out of personal consciousness into the realization that Christ in me is all in all.



GIVE up all belief in the power of personality. I cease to think of the personal as having any power to disturb or to distress me. I deny that the personal consciousness of another or that of myself can cause me to lose sight of Christ—Christ within me.

I do not react to situations through personal consciousness. I give up the habit of considering matters from the standpoint of how I, myself, will be affected. I rise into that high and broad consciousness of Truth in which I can view situations in an impersonal light, in the light of Spirit.

In the impersonal consciousness I cease to think of the power of external things, persons, or situations. I no longer think of the outer as having power to limit the inner, the Christ. I follow Christ, the Truth, in all things. I disregard appearances and turn in thought to that which is real, true, and eternal. I see beyond the personal and view the universal and the true.

In the impersonal consciousness I am one with Christ and behold my Christ self.

Let him deny himself . . . and follow me.—*Matt.*
16:24.

MONDAY, APRIL 7

My Realization for Today: I deny that limited thoughts have any power over me. I affirm the truth that I am governed and guided by thoughts of God, thoughts of good.



DENY out of my mind and out of my life every thought of limitation. I deny every belief that would tend to restrict my happiness and my progress. I deny every thought that would bind me to adversity.

Through denial I have power to use my word to annihilate every belief in mind that would tend to retard my moral and spiritual progress. By the power of denial I cease to give thought substance to thoughts that do not merit my attention. By denial I wipe out of mind and out of my life those thoughts that are enemies of the real, the good, and the true.

By affirmation I replace the thoughts that I have denied by thoughts that are founded upon reality, truth, substance—God. I affirm the truth of my higher being and behold this truth manifest as the visible expression of the truth about myself. I affirm that which is mine in Truth, and I see it appear in manifestation as God's blessing for me. I affirm that which is noble, holy, and spiritual, and I see expressed within me that which through Spirit and Truth I have affirmed in Christ's name.

Rabbi, behold, the fig tree which thou cursedst is withered away.—*Mark 11:21.*

TUESDAY, APRIL 8

My Realization for Today: I rule out of mind every unjust thought and every tendency to be unjust. Because the Spirit of God within me is just, I too am just.



DO NOT attempt to discipline others or to act as their judge. I do not try to mete out judgment for them. I do not offer myself as judge, neither do I render judgment upon the acts of others.

I give up all tendency to be unjust. I am no longer unjust with myself. I do not accuse myself of evil or pass judgment upon my deeds of yesterday. I am not unjust to others. I rise out of personal consciousness and am free from all inclination to be unjust.

I do not expect others to follow my own personal code of conduct. I do not condemn them if they do not measure up to the standard that I set for myself. Free from personal consciousness, I am free from all inclination to be unjust.

In God there is naught but justice. In Spirit and in Truth God's justice reigns supreme at all times and under all conditions. I turn from all belief in the power of injustice and recognize the perfect justice of God. I am now conscious of perfect justice and it reigns in my world. My life is governed by God, the supreme judge.

What doth Jehovah require of thee, but to do justly?—*Micah 6:8.*

WEDNESDAY, APRIL 9

My Realization for Today: I am the temple of the living God, and His presence is within me and about me.



I DENY that I am material or of the flesh. I do not think of myself as bound or limited by flesh or matter, or as susceptible to disease and limitations of the flesh.

I am spiritual. I am God's holy temple, and He fills my mind, soul, and body with Himself, His being, His presence. As the temple of God, I dedicate and consecrate myself to spiritual things and am no longer a part of things that are unspiritual, impure, and unholy. There is no place in my mind for ignoble thoughts. There is no room in my body for the foulness of disease. I am one with God's holiness.

As the temple of God, I am filled with light, life, love, health, and wholeness—filled with Spirit. He abides in His temple and I abide in Him. I recognize that in me which is holy as being that which is Spirit. I cling to the spark of divinity within me, and I behold the light of Spirit issue forth from me, attesting that I, too, am Spirit and that I am Spirit's holy, perfect temple. My thoughts and my life are centered upon Spirit.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you? . . . the temple of God is holy, and such are ye.—*I Cor. 3:16.*

THURSDAY, APRIL 10

My Realization for Today: *I am free from all mental and physical bondage, because Christ, the Truth, has set me free.*

LIMITED thoughts have no place in my mind, because it is filled with the truth about my perfect freedom. They have no power to limit or bind me, because I am free from all bondage. I assert my freedom in Christ from every form of bondage or limitation.

In Christ I am mentally and physically free. I am no longer in bondage to thoughts of in-harmony, disease, or lack. I am free from all these. I am free from all the limitations that man ignorantly places upon himself. I am free from all self-imposed bondage.

In Christ, the Truth, I recognize and claim absolute freedom. I do not think of any form of enslavement as legitimately belonging to me, a son of God. I know that in Truth man, like Spirit, is unfettered, is perfectly free.

I live in a world of freedom, and I know that the freedom that I now enjoy belongs to all others. I proclaim the message of freedom, and I rejoice to see those about me living the life of freedom.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

FRIDAY, APRIL 11

My Realization for Today: *Conscious of spiritual guidance, I find that my way in life is the way of Spirit; my path is the path that Spirit clears for me.*



REALIZE today that every obstacle is cleared from my path through life, since this path is the way of Spirit. Realizing that I am guided and inspired by Spirit, I know that my path is not difficult or hard. I know that there are no difficulties before me when Spirit goes before me and makes my way safe and easy.

My path is a path of peace, life, and success. I need not go the byway of confusion, disease, death, or failure. I need not make any detours in order to go the way that leads straight to spiritual blessings. The light of Spirit ahead of me leads me straight to the goal.

Going the way of Spirit, I know that Spirit attends me in all that I do. I realize that the very presence of God prepares the way that I am to travel. On this path prepared for me, the Spirit of God has placed many blessings, and I go the way of Spirit in order to receive them.

Going the way of Truth, I realize that no good thing can escape me.

To him that ordereth his way aright
Will I show the salvation of God.

—*Psalms 50:23.*

THE TEST OF

1-Cor.-13

If you claim to love another, then your love must
If it's love, then in the proving naught will change
Nor will matter what the loved one seems to say or do
If it's love, you will not waver: you with love can

You will not behave unseemly toward the one you love
Not a jealous thought or envy e'er will put your love
Not a thought of grim suspicion, no unkind or harsh
Will you think or feel or utter, nor will gossip's voice

You will be a mighty fortress! In your heart your love
Always faith and understanding, never thoughts of hate
Still enduring, never failing, love in you will see
In the one whom you are loving, when your love



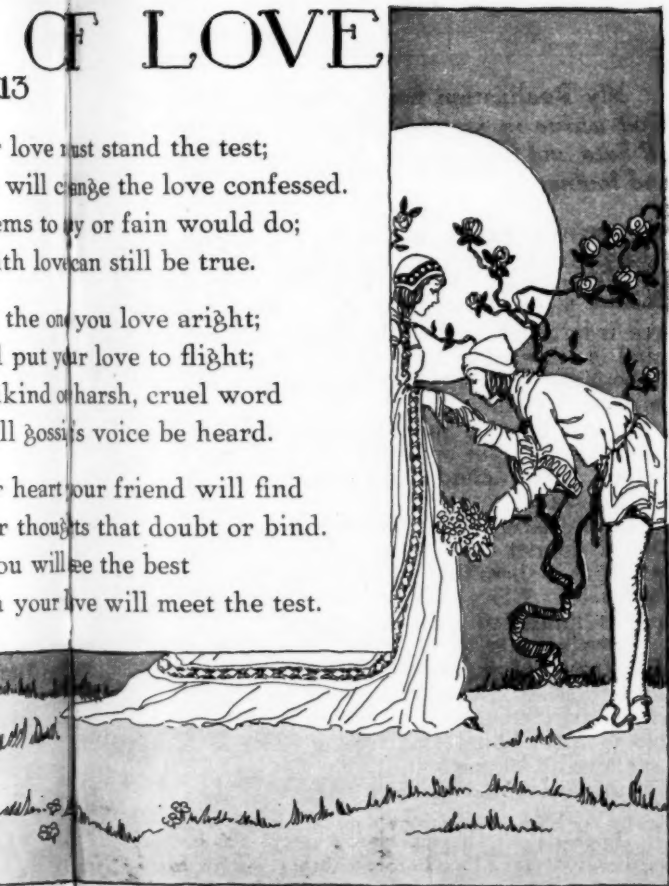
OF LOVE

13

Love must stand the test;
It will change the love confessed.
Seems to say or fain would do;
With love can still be true.


Be the one you love aright;
Put your love to flight;
Kind or harsh, cruel word
All gossip's voice be heard.

Be heart your friend will find
Or thoughts that doubt or bind.
You will see the best
In your love will meet the test.



SATURDAY, APRIL 12

My Realization for Today: *The love of God active in my consciousness drives out all hate and fear, and at all times I am kind and loving.*

OD'S LOVE active in me dispels all hate, and I am no longer hateful or unkind. At one with His love, I am loving in thought and in deed. I am free from thinking hateful thoughts, since my mind is centered in love. I am liberated from all bondage to hatefulness because love has set me free.

In love there is no fear, and, abiding in the love of God, I am unafraid. Love is my protector. Love defends and shields me. Love encourages me.

Love delivers me from all personal animosity. I do not hate other persons because I recognize in them that which is holy and divine, the Christ. I love all whom God loves and my love is unlimited and impersonal.

Love reveals to me that which lies back of the mask of appearances: the good and true and beautiful. I see the light of love dawning on the countenances of all whom I meet. I behold in them Spirit manifesting itself as love. I see love as all-powerful.

Love rules and inspires me.

By this shall all men know that ye are my disciples, if ye have love one to another.—*John 13:35.*

SUNDAY, APRIL 13

My Realization for Today: I deny that I am a child of the flesh, of disease, or of misfortune. I am the son of God and heir to His blessings.



AS A CHILD of God I am free from all belief that I am a child of adversity. I realize that I am not born of flesh, but of Spirit. I free myself from the thought that I inherit weakness, disease, or limitation in any form from physical ancestors. I rejoice in the truth that God, the source of life and perfection, is my Parent.

I relinquish all attachment to beliefs in limitation and misfortune. I cease to think of myself as one with adversity. I am no longer a child of flesh and, consequently, do not inherit the evils of the flesh.

As the child of God I am born of Spirit and inherit spiritual blessings. As God's child I am free, spiritual, and perfect. I have no contact with weakness, disease, or failure. I live in the eternal heaven of Spirit.

Knowing my divine sonship, I lay hold of all that my Father has. I realize that all that my Father possesses is bestowed upon me, His son, and I need but acknowledge Him in order to receive His bounty.

We are children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ.
—Rom. 8:16.

MONDAY, APRIL 14

My Realization for Today: *The so-called laws of disease and limitation have no power over me. God, divine principle, the law of good, governs me, my life, my affairs.*



I AM FREE from all belief that I am under any law of adversity. I am not related to man-made laws of negation. In no wise am I limited by the cause and effect of negative forces.

God, spiritual law, directs every activity in my life. Under His law, the one and only law of Truth and reality, I am under the law of peace, health, and success. I am governed and guided entirely by the principle of good.

I recognize that God's law alone has power and substance. I am sustained and nourished by His law of life and abundance. I am strengthened by His law of health and strength.

The operation of God's law in my life annuls the operation of baser laws. The law of God is highest and forever supreme. This law is the law of my mental and physical well-being. It is the law of God and, therefore, the law of my life.

The affairs of my life are ruled by the law of peace, justice, order, and success. By the law of success and prosperity I am bountifully prospered. By the law of righteousness, justice governs my world.

Thy law is truth.—Psalms 119:142.

TUESDAY, APRIL 15

My Realization for Today: I do not believe in personal condemnation. I do not condemn others, neither am I condemned. I rejoice in praising the good.



FREE myself from all inclination to condemn others or to believe that they can condemn me. I am eternally free from the belief that condemnation has justification or power.

The belief that I am justified in expressing personal condemnation is rendered null and void. I am no longer tempted to criticize my friends, relatives, and associates. I do not think of myself as having any right to look for or find faults in others.

I do not think of any one as having power to make me unhappy through his criticism of my life. I do not give to any one the right to condemn what I think, say, or do.

Through Spirit I am not given to finding fault, but to discovering the good and the beautiful. Instead of discovering the evil, I rejoice to find the good and the true. I praise the good that I see in others.

I rejoice to see God's children as He sees them, and to know them not as blemished or imperfect, but as whole and perfect, manifesting their likeness to Him.

When he giveth quietness, who then can condemn?—*Job 34:29.*

WEDNESDAY, APRIL 16

My Realization for Today: That of me which is of Christ now develops and increases until Christ in me rules my every thought and deed.



THAT IN ME which is Christ is the spark of divinity implanted within me at the beginning. This divine presence has never changed or failed to exist. Regardless of situations or conditions, it still remains the Christ.

Christ in me is the presence of peace, life, love, wholeness. It is the peace of Spirit, the life of God, love universal, perfection in mind, soul, and body. Christ in me is God's holy and spiritual presence, the presence of the great I AM.

Christ in me now asserts Himself as master over my every thought, word, and act. His power increases and is felt in every part of my being. Christ alone can govern and direct me.

Christ is the truth about myself. That which is true and real and enduring is that which is Christlike. That which is true and Christlike about Jesus is the truth about my own self. That which is holy and spiritual about mankind is that which Christ shares with me.

Christ in me comes forth as my innate perfection.

Until Christ be formed in you.—Gal. 4:19.

THURSDAY, APRIL 17

My Realization for Today: I do not think of evil as a thing of power or as something identified with myself. In Truth God, the good, alone is true, real, and eternal.



DISSOLVE from my mind all belief in evil as a something of reality or power. I cease to think of it as anything having being or reality to give it existence. I do not think of evil as having power to oppose God, the good, or to overthrow the power of good.

The belief in evil as a supposititious opposite to good, which in Truth is without rival or peer, is removed from my consciousness through knowing the truth about God, the good. I know that God, the good, is the one and only God, power, being, existence, and substance in reality and in Truth. I know that there is no rival to God, no contestant to the truth of His omnipotence.

I cease to believe that evil, in the form of inharmony, disease, fear, or failure, can make its appearance in my life or affairs. God, the good, now manifests Himself in me as peace, health, love, and success.

I recognize God, the good, as now omnipotent, omniscient, and omnipresent in my sphere of living.

Imitate not that which is evil, but that which is good. He that doeth good is of God.—III John 11.

FRIDAY, APRIL 18

My Realization for Today: The joy of Christ fills me with overflowing joy, and joy fills every part of my world.



I REJOICE to be joyful! I am happy to know that Christ to me stands for infinite joy. Even as He was joyful in knowing the truth about Himself, so am I joyful in the truth that I know.

I live in the joy of knowing God and my relation to Him and to the spiritual world. I know that in Truth there is naught but God, the good, and I rejoice to know that good fills my world to overflowing.

I rejoice to know that the presence of God in my life fills me with peace and harmony. In this joyful thought I am one with all the joy of Spirit. My mind is unified with the joyful thoughts of Christ.

I rejoice to feel the healing presence of Christ and to know that in Him I have health, life, and strength. Every cell of my being rejoices in health.

I rejoice this day to know that God provides for my every need. In the joy of Spirit there is inexhaustible supply, and God rejoices with me when I accept and appropriate that which He bestows upon me.

That my joy may be in you, and that your joy may be made full.—*John 15:11.*

SATURDAY, APRIL 19

My Realization for Today: In Truth I am unified with all that is good, true, loving, and real. I am identified with God, the One, underlying all existence in Spirit.



HERE IS no separation in Spirit and no apartness from the things of Spirit sensed through spiritual consciousness. I am never apart from God, never alone, never without His goodness, truth, love, and reality.

Through Spirit I am joined with all that is noble, spiritual, holy, and godlike. I am identified with the One inhabiting all eternity and filling all holy places. I am linked with the great universal unity in which is complete identification with the fathomless world of Spirit.

Through spiritual consciousness I sense the great unity of Spirit in which is eternal association with the mighty oneness of things spiritual. I am blended with the one Presence and one Power that rules, inspires, and fills all creation. I am one with peace, life, love, and eternity.

The oneness between God and me is now apparent as my true oneness with all that is typical of God, with all that is exalting, inspiring, and ennobling.

Ye are all one man in Christ Jesus.—*Gal. 3:28.*

SILENT UNITY CLASS WORDS

April 20 to May 19

FOR ILLUMINATION

Steadfastly beholding my innate spiritual perfection, my whole being is filled with light.

FOR HEALTH

I have unbounded faith in the perfection of God's man, now expressed in me.

FOR PROSPERITY

Omnipresent Spirit substance fills my mind, and prosperity appears in all my affairs.

SUNDAY, APRIL 20

My Realization for Today: *I rise out of every mortal belief and ascend into the consciousness of mastery over all things in my world.*



AM not bound by things of the world. I am not earth-bound. I deny that things of limitation can bind me to themselves or make me a part of them. I refuse to be held captive by the belief that things of the world can enslave me.

I am this day resurrected out of material belief. I drop behind me all belief in sin, disease, and death. With Christ, the Truth, I master every belief in man's bondage to worldly things. I ascend into the high mental and spiritual realm in which there is naught but God.

With Christ within me and about me, I proclaim my victory over every claim of things earthly. I assert my perfect mastery and dominion. The Christ within me inspires me to know that nothing of the outer world can cause me to lose sight of the power of God within me.

Rising to the consciousness that in Spirit I have dominion over all things of the earth, I rise to that spiritual consciousness in which I forever behold myself as resurrected from material belief, as forever manifesting the power and dominion of Spirit within me.

Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.—*Isa. 60:1.*

MONDAY, APRIL 21

My Realization for Today: *I do not think thoughts of fear, disease, failure, and limitation. From the mind of Christ, active in me, emanate thoughts of Truth.*

MY MIND is not receptive to negative and adverse thoughts. I do not think thoughts that, according to the truth of Being, are untrue. Thoughts of adversity and limitation do not arise from the mind of Spirit in me, now active as the activity of my own mind.

All thoughts of fear and hate are excluded from my mind, since Truth itself excludes such thoughts. All belief in disease and weakness is eradicated from my mind, because the truth about health, life, and strength is prevalent there.

My spiritual consciousness and my appreciation of the mind of Christ in me inspire thoughts that are of Truth, thoughts of reality, thoughts of life and love. Through spiritual consciousness I sense the presence of the mind of Christ, and I am at one with it.

The mind of Christ, the omniscience of Truth, the perfect understanding of my oneness with Christ, reveals to me all Truth as inherent in me, as the Truth of Christ, disclosing man in perfection.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

TUESDAY, APRIL 22

My Realization for Today: *The light of my indwelling Spirit casts all darkness, ignorance, and gloom from me, and I am radiant with light.*



KNOWING that as the son of God I am the son of light and understanding, I cease to think of myself as darkened by ignorant thought. I do not think of my mind as entertaining ignorance. Darkness and gloom are cast from me through the radiance and activity of the light of Spirit at the heart of my being.

I am not ignorant! I do not lack understanding! I am wise with the wisdom of Spirit within me. I was created intelligent, am intelligent now, and shall continue to be. I know!

My natural and spiritual state is a state of inspiration, illumination, enlightenment. I find within myself the light that never dims, that never fails, light that illumines my way constantly. This light is in me and I abide in it. I dwell in the radiant light of Spirit, the light of wisdom and knowledge.

I know all that I need to know. As the son of God I have the light to illumine every darkened belief, the light to dispel every evidence of gloom, the light of God eternal.

Jehovah is my light and my salvation;
Whom shall I fear?

—Psalms 27:1.

WEDNESDAY, APRIL 23

My Realization for Today: *I am rich in the consciousness that in God's spiritual universe, my world of plenty, there is neither lack nor failure. I am rich, rich in ideas, rich in substance.*



CEASE to think thoughts of poverty, lack, and failure. I no longer believe that in God's world of plenty and success there is any evidence of lack of God's presence, lack of His substance, lack of His plenty.

I do not think of myself as without a position, without a place, in God's plan of activity and service. I know that there is abundant work for me to do, work that is without labor, work that is productive and remunerative.

I cease to think of my affairs as disorderly, as ruled by inefficiency and injustice. I do not think of any limited thought as touching my environment or affairs. My mind is full of rich and resourceful ideas. My affairs are blessed and prospered by the very spirit of plenty.

I am rich in the knowledge that prosperity is true and is now appearing in my affairs as manifest riches. My prosperity is visible and tangible. It appears in the manner and under the form most adaptable for immediate use.

The God of heaven, he will prosper us; therefore we his servants will arise and build.—*Neh. 2:20.*

THURSDAY, APRIL 24

My Realization for Today: *At all times I maintain a prayerful attitude: living in the conscious realization of my unity with all good.*

PAYER, to me, is a mental attitude in which I consciously realize my oneness with God within me, and in which I see His presence as the tangible visibility of all the good that I may need or desire. By prayer I join myself with God, the good, and consciously realize my oneness with His blessings.

Prayer to me is my consciousness of my perfect identification with Spirit within me—the Spirit of peace, life, love, health, success, and victory. Through prayer I am related to that which is of God, that which is mine. I am joined with Spirit in a relation that cannot be broken or severed.

My prayerful attitude is not one of solemnity or undue humility. Through prayer I arise to joyous heights and to the realization of the majesty and grandeur of my divine sonship. My soul communes with Spirit and I am lifted up in prayer.

Through meditation and communion with God I am unified with His blessings of peace, health, and plenty. I am one with Him at all times. Father and son are inseparably related.

The prayer of faith shall save him.—*Jas. 5:15.*

FRIDAY, APRIL 25

My Realization for Today: Back of my eyes are the perfect eyes of Spirit, charging me with the power mentally and physically to see all things clearly and distinctly.



DO not abuse my eyes by thinking of them as weak or failing. I remove from them all thought of their failure to function perfectly. I cease to speak of my eyes as diseased, weak, or tired.

In my mind's eye, through the visional powers of Spirit, I see all things in my world clearly and distinctly. In Truth, I see through mental and spiritual eyes, the eyes of God. Back of my eyes are spiritual eyes, always strong, always functioning perfectly.

My eyes are freed from all tension and strain. I do not have to struggle to see clearly. I do not need to make my eyes tense in order to see well. The cells, nerves, and muscles of my eyes are healthy and strong. My nerves are peaceful, but strengthened by the assurance that my sight is perfect.

My physical eyes manifest the perfection and power of my spiritual eyes. My eyes look upon the world and see it as interpreted by Spirit, a world of beauty and perfection.

I know, that, whereas I was blind, now I see.
—John 9:25.

SATURDAY, APRIL 26

My Realization for Today: The truth of my being, now active in my consciousness, annuls the falsehood that limitation or adversity is true. I am loyal to Truth.



THE ONLY truth about me is that which is divinely true. The only truth about my mind is the truth about its peace, resourcefulness, and clarity. In Spirit I have power to think the right thought at the right time. In Truth I always think true thoughts, thoughts of my unity with God and His blessings.

The only truth about my body is the truth of its health and perfection. The race belief in disease and weakness is not true according to the truth of Spirit.

The only truth about my affairs is the truth about their prosperity and success. The falsehood about lack and failure is not related to me or my affairs in any way. No belief in adversity is true. I behold my affairs according to Truth, and I see through eyes of Truth that which is divinely and absolutely true.

The only truth about my environment is the truth about peace, love, understanding, and happiness. Peace and joy are divinely true because this truth pertains to the omnipresence of Spirit, in which I abide.

Speak unto me nothing but the truth in the name of Jehovah.—*1 Kings 22:16.*

SUNDAY, APRIL 27

My Realization for Today: *I look beyond the appearance of worldly limitations and see the presence of the kingdom of heaven, here and now manifesting in our midst.*



THE WORLD with its attendant evils, depressions, and limitations belongs to the realm of mortal thought. I rise above the belief that the appearance of evil, disease, or limitation has reality in Truth. I cease to bewail the so-called evils of the world. I no longer think of evil in any form as having substance or reality in my life.

I see through the nothingness of worldly beliefs and behold back of them the reality and presence of the kingdom of heaven. In place of worldly limitation I behold heavenly perfection. Instead of adversity and the appearance of lack I see good fortune and bountiful abundance.

The kingdom of heaven is a reality to me. It is even now visible to my spirit, and in thought I enter into it and abide there eternally.

From the standpoint of heaven I behold the world not as evil, but as seen in heaven. That which has appeared as evil is now apparent as good. I see all things of the manifest world as they are seen in Truth and in Spirit.

The Lord will deliver me from every evil work, and will save me unto his heavenly kingdom.—II Tim. 4:18.

MONDAY, APRIL 28

My Realization for Today: I am not impatient. I patiently rest in the assurance that God's work is now being speedily done in all my affairs.



AM free from all feeling of impatience, because I rest in the conviction that God's power is greater than the appearance of limitation. I realize that Spirit works more speedily than harm can work.

I patiently trust God to bring good to pass and to reveal to me the blessings now on the way to me. I stand witness to the work of Spirit, totally detached from all feeling of tension and anxiety, watching order come out of chaos, beholding the Lord as victor over every claimant to His power.

With patience I rest in the assurance that no harm can come to me, no disaster can manifest in my affairs, no inharmony can appear in my environment. I abide in patience, the patient presence of the Christ, the patient knowing that in all this universe there is nothing greater or mightier than Spirit and its work. I see good appearing as the indication that Spirit is now manifesting itself in me and my affairs.

My patience is now being rewarded by the appearance of the very good for which I pray.

Let patience have its perfect work.—James 1:4.

TUESDAY, APRIL 29

My Realization for Today: *I relax from all mental and physical tension, and I rest in the presence of God, infolding and refreshing me.*



RISE out of all inclination to think thoughts of tension and strain. I do not allow myself to become mentally tense. My mind is now relaxing from all tenseness and I am mentally free and easy.

Without tense thoughts I am without any sense of tension in my body. I am physically relaxed. The nerves and muscles of my body are free from all strain and tension, because they are pervaded by thoughts of peace, poise, and power.

I relax in the stillness, quietness, and confidence of the presence of God. He is within and about me.

Worry and anxiety are things of the past, because I live in the assurance of the now. I live in the assurance and conviction that I do not have to fight and to struggle in order to have God's blessings appear to me. I relax in this confidence, and I witness the power of Spirit bringing good to pass.

Relaxed and free in mind and in body, I express the quiet will of God that I be without tension, and with spiritual assurance and conviction that all is well.

Ye shall find rest for your souls.—Jer. 6:16.

WEDNESDAY, APRIL 30

My Realization for Today: I am now quickened to the healing consciousness of Christ in which I realize my utter detachment from all belief in disease and my eternal oneness with Spirit, the expression of health.



WIPE from my consciousness all belief in disease, weakness, and death. I detach myself from all thought that I have any relation to or association with disease. I cease to think of disease as having any reality in my life or in my body. I am not related to disease; I do not claim it as mine, nor do I think of it as something which might come to me.

I am alive with health. I am one with the life and perfection of Spirit. One with God, I am at one with His diseaseless life and health. I am perfect and whole because I was created in the image and after the likeness of God, who is wholeness and perfection.

I am eternally at one with the spirit of health and its expression. I am so linked with the spirit of life that I am eternally alive with the bountiful health of Spirit. I am the very Spirit of life expressing itself as life and perfection in my world. God manifests Himself as health and wholeness, and I appear as His manifestation.

I am Jehovah that healeth thee.—Exod. 15:26.

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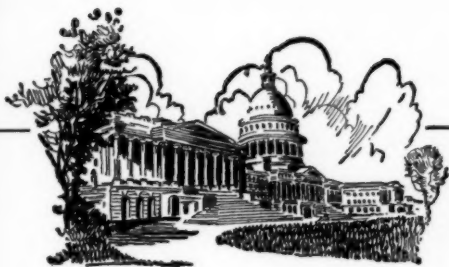
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